

1. Recognition Networks

Exercise your recognition networks' processing by quickly listing the individual objects you recognize in this picture.



2. Reflecting on Recognition

You probably identified lots of objects including people, pictures, furniture, doorways, tables and chairs. Many of these objects are in poor light or only partially shown, yet your powerful recognition networks recognized them instantly.

3. Strategic Networks

Exercise your strategic networks by examining this image for a few different purposes. Notice how you look at the image differently depending on your purpose.



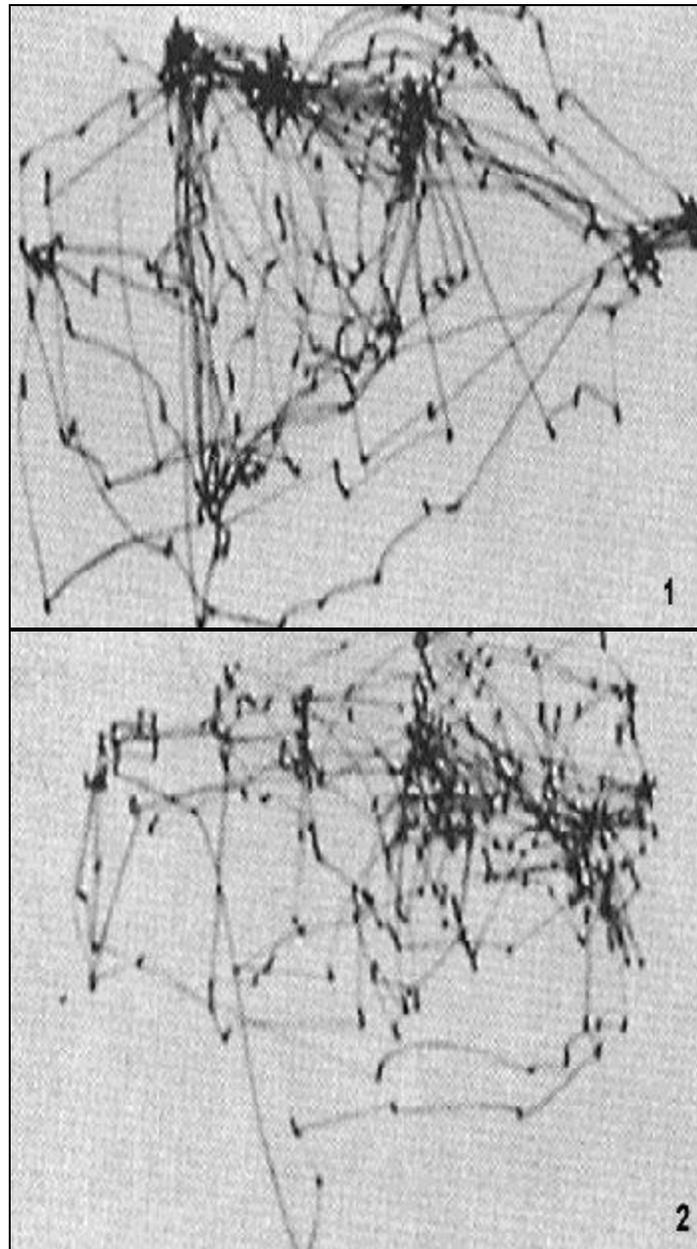
How old are the people in this picture?

What historical period and geographical location do you think this picture represents? Why?

How might the people be feeling in this picture?

4. Reflecting on Strategy

Now view the images below. They show the eye movements of the same person looking at the same image, the Unexpected Visitor ♦ yet each one is different. Why? Like you, this viewer inspected the image with different goals each time. First, he was instructed to identify the ages of the people in the image. Second, he was asked to determine what the people were doing before the visitor arrived. Each new strategy resulted in a different pattern of eye movements.



When you looked at the picture with different goals, you probably looked at the parts of the picture in different orders and focused on different elements of the picture. Where did you look for each question? Because you used different strategies to reach different goals, you

looked at different parts of the picture each time.

5. Affective Networks

Tune into your affective networks by looking at this picture once again, just to see what grabs you.



What in particular strikes you about this picture?

Note something about yourself that might have led you to focus on these particular aspects:

6. Reflecting on Affect

What you see in the picture depends on your interests, background, and general state of mind. A psychologist might attend to the expressions on the people's faces, while an interior designer might take note of the room's decor. The mother of a toddler may be drawn to the child seated at the table, where as a musician may first notice the piano. Someone who is tired or hungry may find little to notice at all!

7. Summary/Save

This little exercise shows that all three brain networks are working when you do something as simple as view an image. Look at your notes above and you will see that each network contributes something vital to the task. This is true of everything we do and everything we learn.
